

	2 ROUNDS	WRITTEN TEXT ON SCREEN	NARRATION & OR MUSIC	TIME- REPS	FILM
WARM UP	1. HIGH KNEES 2X 30 SEC MIKE DEMO LISA FILM JANA TALK	2. BUTT KICKS 2X 30 SEC MIKE DEMO LISA FILM JANA TALK	3. MUMMY KICKS 2X 30 SEC MIKE DEMO LISA FILM JANA TALK	4. SHUFFLES 2X 30 SEC MIKE DEMO LISA FILM JANA TALK	5. TOY SOLDIERS 2X 30 SEC MIKE DEMO LISA FILM JANA TALK
UPPER BODY	1. PUSH UP 2X 15 LISA DEMO JANA FILM MIKE TALK	2. DIPS 2X 30 SEC LISA DEMO JANA FILM MIKE TALK	3. ARM CURLS 2X 15 LISA DEMO JANA FILM MIKE TALK	3. MED BALL THROWS 2X 15 LISA DEMO JANA FILM MIKE TALK	3. RESISTANCE BANDS 2X 12 LISA DEMO JANA FILM MIKE TALK
LOWER BODY	1. LUNGES 2X 20 JANA DEMO MIKE FILM LISA TALK	2. JUMP SQUATS 2X 25 LISA DEMO JANA FILM MIKE TALK	3. ROMAN DEAD LIFT 2X 15 LISA DEMO JANA FILM MIKE TALK	4. PUSH UP 2X 15 LISA DEMO JANA FILM MIKE TALK	5 SINGLE LEG SQUAT 2X 15 LISA DEMO JANA FILM MIKE TALK
CORE	1. BICYCLES 2X 15 LISA DEMO JANA FILM MIKE TALK	2. TOE TOUCH 2X 30 SEC LISA DEMO JANA FILM MIKE TALK	3. REVERSE CRUNCHES 2X 25 LISA DEMO JANA FILM MIKE TALK	4. PLANLS 2X 45 SEC LISA DEMO JANA FILM MIKE TALK	5. SIT UPS 2X 1 MINUTE LISA DEMO JANA FILM MIKE TALK
CARDIO	1. BURPEE PYRAMID 6-1 MIKE DEMO LISA FILM JANA TALK	2. JOG IN PLACE 3X 1 MINUTE MIKE DEMO LISA FILM JANA TALK	3. JUMP ROPE 3X 1 MINUTE MIKE DEMO LISA FILM JANA TALK		
UNIQUE MOVE	1. SUPER FLYS 3X 10 LISA DEMO JANA FILM MIKE TALK				